

Seminole Nation Diabetes Program

(Seminole Etlwv Vsukla-Ocakat)



Full Body Workout That is NEVER Boring!!

Burn up to 1000 calories for weight loss

Increase stamina and strength

Improve cardio conditioning

Monday and Thursday 5:30pm-6:30pm

January 14th thru May

*Seminole's First Baptist Church in the Chapel, entrance on the
eastside*

*Contact Jerome Harrison (exercise
Specialist) Cell: 405-220-5397
Email: Harrison.j@sno-nsn.gov*

405-382-3761